



# Pool Schedule January 7<sup>th</sup> – 13<sup>th</sup> 2019

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-9:00am Lap Swim 6 Lanes*	5:30am-9:00am Lap Swim 6 Lanes*	5:30am-9:00am Lap Swim 6 Lanes*	5:30am-9:00am Lap Swim 6 Lanes* 8:00am-9:00am Navy 2 Lanes*	5:30am-9:00am Lap Swim 6 Lanes*	7:00am-8:30am Lap Swim 6 Lanes*	9:00am-10:00am Lap swim 5 lanes 1 lane Private lessons
9:00am-10:15am Lap Swim 6 Lanes	9:00am-10:15am Lap Swim 3-4 Lanes 9:30am-10:00am Swim lessons 1-2 Lanes	9:00am-10:15am Lap Swim 6 Lanes*	9:00am-11:00am Lap Swim 1-2 Lanes* 10:00am-11:00am S.N.A.P 3-4 Lanes	9:00am-10:15am Lap Swim 5 Lanes *	8:30-9:15am Swim lessons 2 lanes Lap Swim 4 lanes	10:00am-12:00pm Lap Swim 5 Lanes 1 lane Private lessons
10:30am-11:15am Water Exercise Class: Arthritis* <small>Lane Lines in promptly at 11:25</small>	10:30am-11:15am Water Exercise Class: Heart Healthy*	10:30am-11:15am Water Exercise Class: Arthritis* <small>Lane Lines in promptly at 11:25</small>	11:00am-11:45pm Water Exercise Class: Heart Healthy*	10:30am-11:15am Water Exercise Class: Arthritis* <small>Lane Lines in promptly at 11:25</small>	9:15am-1:00pm Swim Lessons	12:00pm-4:45pm Open Swim Lap Swim 3 Lanes*
11:30am-1:00pm Lap swim 6 Lanes*	11:30am-1:00pm Lap swim 6 Lanes*	11:30am-1:00pm Lap swim 6 Lanes*	12:00pm-1:00pm Lap swim 6 Lanes*	11:30am-1:00pm Lap swim 6 Lanes*	1:00pm-2:15pm Adult Open Swim Adult lessons 1 lane	Pool Closing 5:00pm
1:15pm-2:15pm Water Exercise Class: Water Movement*	1:15pm-2:15pm Water Exercise Class: Water Movement 3-4 Lanes** 1:00pm-2:00pm Lap Swim 3 Lanes*	1:15pm-2:15pm Water Exercise Class: Water Movement*	1:15pm-2:15pm Water Exercise Class: Water Movement 3-4 Lanes** 1:00pm-2:00pm Lap Swim 3 Lanes*	1:15pm-2:15pm Water Exercise Class: Water Movement*	2:15pm-4:45pm Open Swim Lap Swim 3 Lanes* Pool Closing 5:00pm	
2:15pm-4:30pm Open Swim Lap Swim 3 Lanes*	2:15pm-3:30pm Open Swim Lap Swim 3 Lanes*	2:15pm-4:30pm Open Swim Lap Swim 3 Lanes*	2:15pm-3:30pm Open Swim Lap Swim 3 Lanes*	2:15pm-5:00pm Open Swim Lap Swim 3 Lanes*	<p style="text-align: center;"><b>Pool Rules</b></p> <ul style="list-style-type: none"> <li>• Shower before entering the pool.</li> <li>• Please use the restroom before entering the pool.</li> <li>• Swimsuits must be worn at all times.</li> <li>• No food or drink allowed on the pool deck (water is allowed).</li> <li>• Kickboards and other equipment are for adult use only.</li> <li>• Children 7yrs of age and under must have a parent or guardian in the water with them, within arm's reach.</li> <li>• Always follow Lifeguards direction there are always 2 guards on duty.</li> </ul>	
4:30pm-5:00pm Swim Lessons 3 Lanes Lap swim 3 Lanes	3:30pm-5:00pm Swim Lessons 4 Lanes Lap swim 1-2 Lanes	4:30pm-5:00pm Swim Lessons 3 Lanes Lap swim 3 Lanes	3:30pm-5:00pm Swim Lessons 4 Lanes Lap swim 1-2 Lanes	5:00pm-6:00pm Lap swim 5 Lanes* Adult lessons 1 lane		
5:00pm-6:00pm Swim Lessons 3 Lanes Lap swim 3 Lanes	5:00pm-6:00pm Swim lessons 2 Lanes Lap Swim 4 Lanes*	5:00pm-6:00pm Swim Lessons 3 Lanes Lap swim 3 Lanes	5:00pm-6:00pm Swim lessons 2 Lanes Lap Swim 4 Lanes*	6:00pm-7:00pm Water Exercise Class: Heart Healthy*		
6:00pm-7:00pm Swim Lessons 3 Lanes Lap swim 3 Lanes	6:00pm-7:00pm Swim Lessons 6 Lanes	6:00pm-7:00pm Swim Lessons 3 Lanes Lap swim 3 Lanes	6:00pm-7:00pm Swim Lessons 6 Lanes			
7:00pm-8:00pm Water Exercise Class: Deep water*	7:00pm-8:00pm Water Exercise Class: Strength and Stretch*	7:00pm-8:00pm Water Exercise Class: Strength and Stretch *	7:00pm-8:00pm Water Exercise Class: Heart Healthy*			
8:00pm-8:45pm Open Swim Lap Swim 3 Lanes* Pool Closing 8:45pm	8:00pm-8:45pm Open Swim Lap Swim 3 Lanes* Pool Closing 8:45pm	8:00pm-8:45pm Open Swim Lap Swim 3 Lanes* Pool Closing 8:45pm	8:00pm-8:45pm Open Swim Lap Swim 3 Lanes* Pool Closing 8:45pm	Pool closing 7:00pm <small>*Pool doors will lock Promptly at 7:15</small>	*1 lane may be taken for Private lessons during lap swim or water exercise classes ** If class size is larger than 10 an additional lane will be removed	



# Pool Etiquette

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## Lap Swim

Please reference the pool schedule and look for times that lap swim is available. Also, please refrain from incorporating water walking or water stretching into your lap swim exercise routine.

Please attend Open Swim for water walking and stretching.

### Look to the lane paces

Judging your own swimming ability and speed, please select a lane to enter that is similar to your swimming pace. Pace Lanes help, minimize the chance of swimmer collisions and unkind behaviors.

### Join a lane

When joining a lane, it is courteous to wave or temporarily stop a nearby swimmer to notify them of your presence in a lane. Also, be welcoming if a swimmer decides to join your lane. This is a great time to suggest splitting a lane or circle swimming (see below).

### Sharing a lane with fellow swimmers

- 1) Split a lane: Two swimmers agree to swim within one lane. One swimmer agrees to swim to the right side, and the other swimmer agrees to swim to the left side of the lane.
- 2) Circle Swim in a lane: Two or more swimmers agree to share a single lane, by swimming in a counter clockwise fashion on the right side of the lane.

### Passing

If you are swimming at a faster speed than fellow lane mates are, then it is recommended to quickly pass the individual by swimming in the center until you pass the individual. If you are being passed, please stay to the right and allow the swimmer to politely swim by.

### Resting

Please try to avoid excessive socialization or rest at the wall. If you need to take a short break, please stay to the corner of the lane so that others can continue their swim without disruption.

### \*Private lessons

Private lessons may take up the far lane for teaching. This lane will be for lessons and disabled use only during that time.

## Water Exercise

Community is a great benefit of your Y membership; please remember to keep socializing to a minimum during water exercise instruction.

Please respect your fellow members and only enter the pool when Lap swim has ended. Allowing everyone to enjoy the benefit of our pool.

Water exercise begins promptly at the time indicated on the schedule. Please respect lap swim times and enter the pool only when it is your class time.

\*One lane may be used for private swim lessons during Water exercise time.

### Class Descriptions:

#### Low-Moderate Intensity

##### Arthritis

Exercises approved by the Arthritis Foundation that include walking, gentle stretching, flexing, extension and range-of-motion. Exercises are done in shallow water and focus on activities of daily living, moving a joint through your range of motion and holding it to feel a gentle stretch in the muscle

##### Water Movement

An instructional class of aerobic movements performed in the water, to improve body conditioning, cardiovascular fitness, and flexibility.

#### Moderate-High Intensity

##### Strength and Stretch

Movement to get your heart pumping combined with strength training to build your muscles.

##### Heart Healthy

A high energy, non-impact water aerobics class including strength training and stretching.

##### Deep Water

A unique exercise class that takes place in the water, utilizing floatation devices to allow A high energy, non-impact water aerobics class in deep water.

### Equipment for classes provided

YMCA staff may close the pool at any time for safety reasons, including but not limited to:

- Chemical imbalance
- Mechanical issue
- Water clarity
- Pool contamination

Any question or concerns please contact Ali Amundson at 916.452.9622 ext. 104 or Aamundson@ymcasuperiorcal.org